

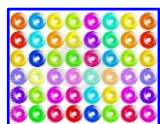
DIABETES CARE CLINIC

21 Any St., Any Town, Any State

www.diabetescareclinic.com Phone: 123-456-7890

LEARN HOW TO CARE FOR YOUR DIABETES WITH OUR

D.I.A.B.E.T.E.S. L.I.F.E.S.A.V.E.R.S. Program



Exercise Regularly



D	I	A	B	E	T	E	S
Do Monitor Your Blood Glucose (BG) Regularly	Involve Family and Friends	Acquire Ongoing Support	Bring BG Values to Healthcare Visits	Exercise Regularly	Take Medication as Prescribed	Ease into Behavior Changes Slowly	See a Diabetes Educator Regularly

L	I	F	E	S	A	V	E	R	S	+?
Lose Excess Weight	Identify Healthy Coping Strategies	Fix Your Problems	Eat Healthy	Sleep Well Every Night	Acquire Sick Day & Travel Kit	Visit Your Doctor Regularly	Enjoy Rewards for All You Do	Reduce Risks of Complications	Set SMART Goals	Topics and Questions of Your Choice

Plan	Benefits of “REGULAR EXERCISE”	 WINK: What I Need to Know	Goals, Questions
R	Releases happy chemicals in brain		
E	Enables better balance & flexibility		
G	Generates HDL (happy) cholesterol		
U	Ultimate way to lose weight		
L	Lowers stress, anxiety and worry		
A	Alleviates a lot of arthritis pain		
R	Reduces blood cholesterol, triglycerides and blood pressure		
E	Enhances brain power and memory		
X	Xtra muscle (can help lower BG)		
E	Even may reduce medication doses		
R	Reduces blood glucose		
C	Can be source of fun and friendship		
I	Increases energy and sleep quality		
S	Strengthens bones		

E	Extends life due to all above!		
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